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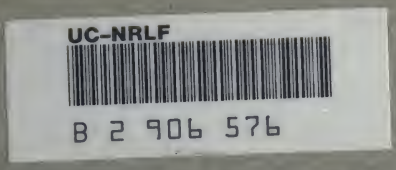

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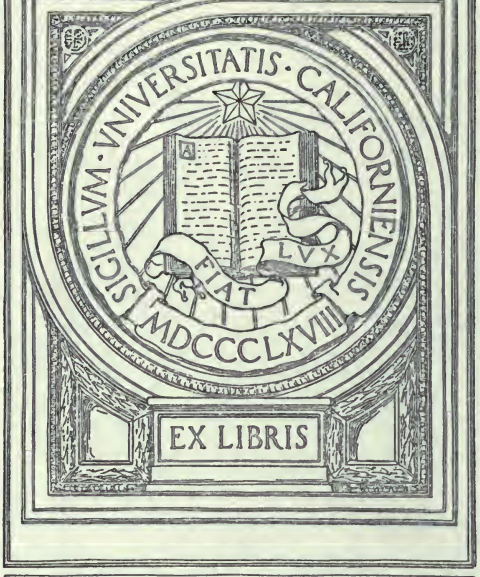
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PROVINCE OF BRITISH COLUMBIA

DEPARTMENT OF AGRICULTURE
(WOMEN'S INSTITUTES)

BULLETIN No. 43

Women's Institute Work in British Columbia

— BY —

The Advisory Board of Women's Institutes.

THE GOVERNMENT OF
THE PROVINCE OF BRITISH COLUMBIA

PRINTED BY
AUTHORITY OF THE LEGISLATIVE ASSEMBLY.

VICTORIA, B.C.:
Printed by William H. Cullen, Printer to the King's Most Excellent Majesty.
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Department of Agriculture,
Victoria, B. C., 22nd March, 1912.

Hon. Price Ellison,
Minister of Agriculture.

Sir:—

I have the honour to transmit herewith Bulletin No. 43, entitled "Women's Institute Work in British Columbia," compiled by the Advisory Board of Women's Institutes, and dealing with the growth and expansion of this important organization since its inception.

I have the honour to be,
Sir,
Your obedient servant,

WM. E. SCOTT,
Deputy Minister of Agriculture
and Superintendent of Institutes.

FOREWORD.

In this, its first publication, the members of the Advisory Board wish to express their appreciation of the confidence reposed in them by the ex-officio members, the Hon. Minister of Agriculture and the Superintendent of Institutes. To both of these gentlemen the Women's Institutes of the Province owe a heavy debt: to Mr. Scott for his prompt and kindly attention to their needs, for his constant interest in their work and for his placing before the Minister, the Department need for the advice of women in its relation with women's organization and work: to the Minister for his cordial recognition of this broad-minded attitude and not only for his many expressions of sympathy in Women's Institute work but for his active co-operation in all movements for the betterment of home and country.

—o—

"If you would have a happy family life remember two things: In matters of principle stand like a rock; in matters of taste swim with the current."

MEMBERS OF THE ADVISORY BOARD.

The Hon. the Minister of Agriculture, Victoria.
Wm. E. Scott, Deputy Minister of Agriculture, Victoria.
Mrs. W. V. Davies, Chilliwack. Chairman.
Mrs. R. L. Lipsett, Summerland.
Mrs. J. F. Kilby, Nelson.
Mrs. A. T. Watt, William Head, Secretary.

—o—

"It is not quite so easy to try to do good as those may imagine who never try."

INTRODUCTION.

W. E. Scott, Superintendent of Institutes.

It affords me great pleasure to have this opportunity of making a few introductory remarks on the occasion of the issue of the first bulletin compiled by the Advisory Board of Women's Institutes.

ORGANIZING OF WOMEN'S INSTITUTES.

About three years ago, the idea of establishing Women's Institutes in this Province, along similar lines to those adopted in Ontario, was first mooted. Miss Laura Rose of the O. A. C., Guelph, who has done good work along these lines in Ontario, was approached by the Department of Agriculture with a view of getting her to make a tour of this Province in order to inaugurate the movement.

I am glad of this opportunity, as your Superintendent, of expressing to Miss Rose my appreciation of the services which she rendered to the Department in this connection. On my taking office, I found that several Institutes, as a result of Miss Rose's visit, had been formed, but inasmuch as there was no Act dealing with Women's Institutes, they had no legal status. Accordingly they were included in the Agricultural Associations Act, 1911, which, ipso facto, legalized all those which were in operation prior to the formation of the Act. All such other Institutes as have been formed since have been incorporated in accordance with the Act.

GROWTH OF INSTITUTES.

There has been a steady growth during the past two years and there are at the present time 24 Institutes, with a membership of approximately 800.

APPOINTMENT OF ADVISORY BOARD.

The Advisory Board, consisting of four ladies, one from Vancouver Island, one from Lower Mainland, one from the Okanagan and Boundary, and one from East and West Kootenay, was formed a year ago, in order to act in an advisory capacity to the Department in the conduct of Women's Institute work. The value of this Board, and the justification for its formation, has been abundantly proved during the past year.

By its means, Institutes have been kept in touch with each other, and much valuable information and advice has been disseminated by the Board. Recommendations from the Board have always received the most careful consideration of the Department, and when ever possible, have been acted upon.

CO-OPERATION.

The primary object of Women's Institutes is co-operation, and only by the united efforts of all can the best results and the highest good be obtained. As I have had the opportunity of touching on this subject in this bulletin, it is unnecessary for me to say more in these introductory remarks.

SECRETARIES.

The success of an Institute depends to a large extent on the Secretary. Select for this important post a good live member with business instincts,—one who has the interests of the Institute at heart,—then your Institute will prosper.

MEETINGS.

Arrange a yearly programme of meetings, and have them printed and supplied to all members. Infuse life and interest into your meetings. Secure a good speaker for supplementary meetings from neighbouring Institutes, with whom you can reciprocate. Bring in the social element. Encourage the young people to attend. The Department will endeavour to supply good competent lecturers and demonstrators for the regular spring and fall meetings, on topics as desired.

COLOURS.

By the approval of practically all the Institutes, the colours Green, Gold and White have been selected as the official colours for this Province, and steps are being taken towards securing a badge for all Institute members in the shape of a pin, bearing these colours.

In concluding these introductory remarks, I would like to assure the Women's Institutes of the Province that they will always receive from me, as their Superintendent, hearty support and sympathy, and at the same time to express the hope that by the co-operation of the Department and the Institutes, the highest ideals may be achieved. Great things have often small beginnings, and just as a snowball started rolling on a hill-top increases in size and gathers momentum in its descent, and finally gathers all before it, so may the Women's Institutes progress and prosper, and become a powerful factor for good in our Province towards the betterment of conditions prevailing in home life in our rural communities, by inculcating the highest ideals of home life, by teaching morality, sanitation, cleanliness, sobriety, and honesty of purpose, by bringing up our children in the way in which they should walk, by fostering patriotism and love of country, so that the women of our fair Province may prove a power in the up-building of the great Dominion of Canada as a country populated by a God-fearing, industrious and sober people.

Remember the excellent motto which the Women's Institutes have adopted, "For Home and Country."

THE WOMEN'S INSTITUTES OF BRITISH COLUMBIA.

MOTTO.

"For Home and Country."

COLORS.

Green and White and Gold.

BADGE.

Oval-shaped pin. Centre, initials in gold, B.C.W.I. Border in green and white enamel with motto in gold, "For Home and Country."

The colors are typical of British Columbia and symbolic of the work of Women's Institutes.

This is the ever-green Province. At all seasons there is life and growth in forest and plain. The great Douglas fir now piercing the mountain mists, now standing the sentinel of the valley, is verdant through summer suns and winter snows.

From every part, rise on the horizon, the snow-capped mountains, beautiful, pure, inspiring, their white crowns, the eternal glory of this farthest West.

In rock and river bed lie hidden the nuggets of precious gold where those who seek may find the reward of their undaunted faith and courage.

So too in our work. It must be like the fir living and growing throughout the year, ever fragrant, ever green.

It must be pure and inspiring as the eternal snows.

It must be animated by the faith and courage of those who mine for earth's riches, alike to reveal and to safeguard the treasures of home, the golden heart of the nation.

FUNCTIONS OF THE ADVISORY BOARD.

The Advisory Board was appointed by the Hon. the Minister of Agriculture to advise and confer with the Department on matters relating to Women's Institutes and to women in agricultural pursuits and to do such special work as the Deputy Minister may direct.

It has no authority over Institutes. It aims to be of use to them only so far as the Institutes wish. Each Institute knows what help it requires and some may not need any. But if there are not any such, they will perhaps be willing to let the Board pass on their ideas and papers to newer and less fortunate Institutes, of whose needs the Board has knowledge.

The members of the Board are from different localities, not with the idea of representing those localities but for the sake of convenience. The wishes, needs, and views, of the Institutes of each district may be more fully and more quickly ascertained by personal visits from the nearest member. The most remote Institute will have the same chance as the closest in of personal contact with the central worker.

It is hoped that by means of the work of the Board matters of common interest may be taken up and that a current of inspiration and encouragement will pass from one Institute to the other, that the adjacent and the far-off Institutes will feel more and more sympathy in each other's work and in the aims of our great sisterhood.

"Others shall take patience, courage, to their heart and hand from thy hand, and thy heart, and thy brave cheer." —E. B. Browning.

MEETING OF ADVISORY BOARD, AUGUST, 1911, VICTORIA, B. C.

ADDRESS BY THE HON. THE MINISTER OF AGRICULTURE.

The Minister in a few words welcomed the members of the Board. He said that it had been his aim ever since taking office to help in bettering the conditions of women in the country. Whenever any way in which this could be done had been laid before him, he had been glad to help, so far as in his official capacity, he was permitted to act. He believed that the Women's Institute movement had a great future and that the Advisory Board would play a great part in its development. He thought that the greatest benefit would result from plain practical talks to housekeepers and urged that simplicity should be the keynote in the work of Institutes, simple lectures that could be readily understood by all, plain demonstrations in practical work which could be easily carried out by those receiving the instructions, simple hand-books that would appeal to all. He pointed out how necessary it was for members to consider well every move made and every resolution passed, bearing in mind not only whether the motion was practicable, as well as needed, but also its official significance, that is whether it was in accord with the policy of the Government. Often resolutions were passed by bodies which were on the face of them impossible resolutions. All questions of policy and expenditure had to be carefully weighed by the Minister. Mr. Ellison then gave an interesting outline of what it was possible for such a Board to do and promised that wherever it was possible its recommendations would be carried out. He would like to see the Board brought into touch with Women's Institutes and colleges in this line of work in other countries and other Provinces of Canada. He concluded with an earnest reminder as to careful considerations of all resolutions and of simplicity in all business of the Board in order that the greatest good might result to the Institutes and to the country at large.

"The foundations of national glory are set in the homes of the people. They will only remain unchanged while the family life of our race and nation is strong, simple and pure."—King George V.

RECOMMENDATIONS.

A number of resolutions were passed at the first meeting of the Advisory Board, some of which, with the approval of the Department have been brought into effect. A brief account of these follows:

The recommendation of Miss Livingstone as the lecturer for the fall of 1911 was made and approved. Her course was planned to include several features of interest, namely, a full two days' course at each Institute, including lectures on such branches of cookery as the Institutes might wish, practical demonstrations on the same, informal talks with illustration on the latest proved labor-saving devices, and kitchen utensils. It was asked that a special feature be made of the answering of questions and that a farm dinner menu competition with prizes from Institutes be arranged for such places as desired it.

Miss Livingstone, who is a graduate of the Boston School of Domestic Science and of the New York School of Cookery, undertook the work as planned and made a most successful tour of the Province. Expressions of satisfaction have been received from many of the Institutes and in several

cases efforts are being made by the Institutes to have Miss Livingstone return and give extended courses in cookery, the expenses being met by the members.

In order that the Board might be equipped to give such information as might be required, the Department was asked to provide some books of reference and some magazines on household economy. The request was acceded to and there is now on hand the fine library of Home Economics published by the American School of Home Economics, consisting of twelve volumes, covering almost every field of home-making activity. Some magazines have also been secured and have, by means of clippings and articles, been distributed to Institutes as described later.

A work of importance has been the preparation of lists of books, magazines, and pamphlets which would be suitable for purchase by Institutes. This involved considerable time and care in selection. The thanks of the Board in this connection are due to Miss Annie Laird, Head of the University of Toronto School of Household Economics, to Miss Watson, Head of the Domestic Science courses of Macdonald Institute, and to Mr. Putman, Superintendent of Institutes, Ontario.

The need of literature is felt by every Institute and a general demand was reported by members of the Board for well-selected lists of books and pamphlets. The difficulty had been to know what to get, where to get it, and how much it would cost. To obviate this difficulty, it was recommended to have prices attached to the book lists and to make it possible to purchase any book desired through the Department. These lists have been prepared and sent in to the Department where they will shortly be printed and sent out. Some of the Institutes wish to start reference libraries, some to maintain circulating libraries and some wish to have the lists so that members may buy these books for themselves. In any case these lists will make the way easy.

A further recommendation was made along these lines when the Board asked the Department to suggest to the Provincial Librarian to include in the travelling libraries sent out on request to country districts, books relating to home-making, etc., so that these collections might be of the greatest possible benefit to women in the country. Mr. Scholefield met the request in the friendliest possible spirit, expressed his sympathy with the movement and at once set about the inclusion of books of this nature in the Rural Libraries. Several Institutes are now making requests for these collections and it is fair to assume that with this added sphere of their usefulness these libraries sent out from the Provincial Library will be the means of disseminating good literature widely throughout country homes and that corresponding good will ensue.

The part the Institutes and the Board might play in the development of the country was made the subject of discussion and the Board was of opinion that great attention should be paid to the needs of women newcomers in the country parts. The Institutes, it was felt should make it part of their work to welcome new settlers, to urge them to attend Institute meetings, and to help them work out the problems of home-making in a new and strange neighborhood. Many of the Institutes make this a special feature and thus play a kindly and useful part in the development of the Province. But to still further emphasize this, the Board recommended that the Institutes should be reminded of this neighborly duty. In order

that the Board should do its duty in this regard, also, it was recommended that the members be given opportunity to become qualified "to act as a bureau of information to newcomers or residents on matters relating to agriculture for women in B. C.; that the Board recommend to the Department the publication of a pamphlet on opportunities for women in the country districts; and that the Department be asked to compile statistical information as to occupations and means of livelihood for women in the country."

Following another resolution, the Board was asked by the Superintendent of Institutes to go into the matter of the choice of a motto, pin or badge, and colors for the B. C. Institutes. The suggestion was made by the Board that there might be a common motto and pin of same design and shape for all Canadian Institutes with distinctive colors and initials for the Provinces. It was pointed out that Ontario had already an excellent motto and artistic pin and that the other Provinces might well adopt the same. Many of the Institutes in B. C. already use this motto. The Secretary of the Board was then instructed to ascertain if the idea of the motto and pin of Ontario being chosen for all Canada would meet with favor from the other Provinces and at the same time find out what colors had been chosen by other Provinces so that there might not be duplication. The replies received contained approval of the idea but stated that the matter of colors, pin and motto had not yet been taken up but would now be considered, so that we in B. C. are in the van and to us belongs the honor of this patriotic suggestion of a badge and motto for all the Provinces of the Dominion.

The matter of lecturers for the spring meetings of the Institute was taken up by the Board at the request of the Department. It was thought that sewing demonstrations might be given with advantage but it was later recommended that lectures on gardening, poultry and other agricultural pursuits for women as commercial occupations be given by experts in these branches.

As there is at present no official organ of the Women's Institutes in B. C., it was recommended that as a means of disseminating information about Institute work and thus awakening widespread interest, that the Department be asked to have certain newspapers throughout B. C. supplied from time to time with items and articles relating to this work.

It was pointed out by the Superintendent of Institutes to the Board that there was a general desire on the part of the Institutes for literature in bulletin form. The Honourable the Minister of Agriculture also spoke of the need for simple hand-books on Institute work. The Board recommended the publication of a quarterly which should be kept up to date in Institute matters. It was thought that, for the first year, however, one or two bulletins would be sufficient. Instructions were then given by the Department to the Board to compile and prepare such a bulletin. The work was undertaken and is now complete. As soon as possible it will be printed and sent to the members of all Institutes.

Several matters of general interest to the Institutes have been brought to the attention of the Board. One is the use of Institute funds. The Secretary of the Board has been engaged in finding out through the different members of the Board, the views of different Institute officers all over the Province in this regard and also the views of different members of the Board and these are now tabulated and put in the bulletin as suggestions.

While the disposal of Institute funds is entirely a matter for each Institute to decide, a statement of some sort seemed needed, in view of the constant inquiries from Institutes as to best use of funds. The newer Institutes are especially anxious for help in this as in other directions.

Another matter is the part Institues should play in Fall Fairs. The request from Kaslo Institute for aid in their Fair was recommended by the Board because of exceptional circumstances (the local Association having abandoned the idea after advertising the Fair and the Women's Institute having taken it up in a plucky and public-spirited way). But as the Department did not wish this to be taken as a precedent, and the Board concurred in the reasons given, it was recommended that the Department be asked to fully explain to the Institutes its policy in this matter; the opinion of the Board was that Institutes could best help in Fair work by sending exhibits, taking charge of Women's Work Departments, or otherwise cooperating with the local association. But a recommendation was further made that in the case of a remote Institute wishing to send an Institute exhibit to the nearest Fair and making application for aid in transportation expenses, that the Department would favourably consider such a request.

The Board has made use of the Home Economics magazines supplied by making extensive clippings and sending a careful selection to all Institutes. These included articles, poems, editorials, quotations, recipes, and household miscellany. As the Institutes had had during the year lectures on diet, hygiene, nursing, cooking and labor-saving devices, it was thought that further ideas on these subjects would be timely and serve as reminders of what had recently been brought to their attention. The articles were such as could be read aloud at Institutes where there was a scarcity of material, or would be suggestive of programmes or could be given to members desiring help in these directions.

Following the expressed wish of the Minister, the Board has got into touch with the Institutes of other Provinces, with various schools of Home Science in Canada and the States and secured much valued help especially from their publications.

The Board hopes to be of further assistance to the Institutes in two especial ways in the near future, if permitted.

The first is to be the medium of exchange for papers, ideas, etc., from one Institute to another. It is hoped to continue the sending out of magazine articles and clippings, the next series relating especially to the Spring lectures. The second way is one which the Chairman of the Board feels to be the most important of all, that of planning with assistance of Institute officers, regular courses of study for such Institutes as desire it. She thinks that much more can be accomplished by regular systematic work on one group of subjects at a time than by any irregular attempts and that the whole matter of instructions to Institutes, lectures, bulletins, literature, etc., should be carefully planned and executed. Otherwise there is overlapping, waste of funds and energy and most precious of all, time, which the busy housewife can ill afford. With this object in view, Mrs. Davies has been securing information from various places as to courses of study, so that if the Department authorize this work it can be proceeded with this year.

The Board is now engaged under the direction of the Department in a report upon the Rules and Regulations of Women's Institutes. Advice has been sought from officers as to needed changes, additions and omissions and a report will be soon presented for the consideration of the Superintendent. A lecturer for the Spring meetings on out-door pursuits for women in the country has been recommended who can speak on the commercial aspects of these occupations. A programme for her visits is being arranged at each W. I. in connection with the lectures and that a prize may be given by the Department for certain classes. The matter of the motto, colors and design for badge has been dealt with and a sample pin is now being made for the consideration of the Superintendent.

As some indication of how the usefulness of the Board has been already proved, it may be mentioned that already over 500 letters have passed through the Secretary's hands in the few months the Board has been in existence.

The Board hopes that the Institutes will remember that our work is new to us and not be too critical of us at present. We have had to feel our way and adjust ourselves to ourselves, to the Department, and to the Institutes. Any new movement requires time to find itself, to get ballasted, and we are making haste slowly. We hope that the Institutes will not regard our shortcomings but will, with us, look steadfastly forward to our ultimate goal:

The Women's Institute of British Columbia, the best in Canada!

———o———

"The assimilation of the large numbers who are coming to us from many lands each year, and the making of them citizens, who will maintain the high ideals which have characterized the Canadians in the past, is a responsibility which the loyal subject will be glad to accept. The Institute must, if it lives up to its opportunities, play a large part in this."—Geo. E. Putnam, Superintendent of Institutes, Ontario.

HELPFUL THOUGHTS FROM OUR MEMBERS.

TECHNICAL CLASSES.

The aim of the Women's Institutes in the larger towns should be to establish technical classes for girls and young married women. Then the women living in the adjoining districts could come to town at intervals and receive the benefit of such instruction."—Dr. A. V. Jones, Nelson W. I.

OPENING ADDRESS, KASLO W. I. FAIR.

"I always think that these exhibitions have in themselves a great influence; they teach us many things; open people's eyes to the fact that there are many wonderful and beautiful things in our own particular surroundings, great or small as the case may be, that no one individual can monopolize or consider his or her own, but that require the united efforts and energy of a community to ensure success."—Lady Aylmer.

THE UNCONGENIAL TASK.

"Most of us, as women, have to do work that wearies us, and keeps us from doing things we would like to do, and from what we believe to be the better part of life. It sorely tries our patience. All the same, patience is one of the highest qualities we can achieve, so is steady perseverance. So is the mastery of the spirit. There is no finer thing than to go resolutely on, along a difficult way. All this pertains to the supreme achievement, the making of character.

"The uncongenial task is commonly a contribution to the general welfare. It is a service to society. The world must be clothed and shod and fed, and the more difficult the task, so much more real is the sacrifice that is made for the preservation."—Mrs. MacMillan, Royal Oak W. I.

INTERESTING LETTER RECEIVED BY THE BOARD.

"Thank you very much for your letter with enclosed clippings. We will be very glad to get all the help you will supply us with at our meetings. One lady said that Miss Livingstone's talk on the different cuts of meat and the proper methods of cooking them was worth a great deal to her. I think we will hold a thanksgiving service that we live in Canada when we use the clippings entitled 'The Farmer's Wife.' "—Mrs. W. P. Rich, Salmon Arm W. I.

PLEASURES OF COUNTRY LIFE.

"The pure fresh air, sense of freedom, plenty of good water, and what is more beautiful than the early morning during Spring and Summer when the dew is glistening on the trees and the grass in the sunshine? When the birds are flying from bush to bush and the healthful sweet scents from the gardens and fields? * * * I would not change places with anyone in the city, country life is too enjoyable to me."—Mrs. Sweatmen, Metchosin W. I.

CHRISTMAS OFFERINGS.

"There are times when the very best Christmas gift we can bestow is a letter, long and newsy. If we are still in the old home town, what a lot of news we could write about all the old friends and places. If we are away, among new scenes, how full of interest our letters might be, of all our new surroundings; and in this way we could keep in close touch with one another.

"There may be a distant friend who will be feeling lonely when the holiday season arrives. How delighted she would be to receive a long letter. Another gift of value, might take the form of an invitation to some solitary one, to join the family circle; for at Christmas time, especially, we should be on the look-out, for 'lonely hearts to cherish.' And surely if we are filled with the Christmas spirit of giving in the highest sense, we shall have the satisfaction of feeling that we have had our little share in spreading 'Peace and good-will toward men.' "—Mrs. James Smith, Somenos, Gordon Head W. I.

FIRST DAYS AT SCHOOL.

"Now, mother, your boy is leaving you little by little. Don't let him forget you. Watch him and listen to his little troubles, but oh! they seem so big to him! Mothers don't turn your little boy away when he comes with his troubles. He comes home to mother as his best friend. * * * Then when he comes to High School work and comes home with his lessons to learn, perhaps you did not learn the things he does, for education has changed since you went to school, but if you have followed him all through school you will be able to help him now. * * * And when he is through college and a man in business and people say, 'He is a fine business man and a good man too,' you will know why he is. It is because he took his troubles through life to his mother and she was never too busy to listen and advise him."—Mrs. Whittaker, Kaslo W. I.

BENEFITS FROM INSTITUTES.

"Perhaps in no other way have we benefitted more than in the social side of our Institute life, affording us opportunity to become acquainted with some of the best women in the community that we might not meet in any other way, and as W. I.'s are undenominational we can all feel at home. We are grateful to the Department and appreciate the help given, especially on Dec. 11th and 12th when Miss Livingstone proved beyond a doubt to be a noted demonstrator. The granting by the Department of two days instead of one was a great improvement."—Mrs. B. Palmer, Cranbrook W. I.

A KINDLY LETTER TO THE BOARD.

"Your clippings thankfully received for which a vote of thanks was passed at our last meeting. Our Institute room is nearly completed. We are having a Valentine Social and we will be very pleased to see any of the members and friends from William Head and Metchosin, the profits going towards paying for piano and Institute Room. Wishing you a prosperous year."—Mrs. A. H. Peatt, Colwood W. I.

THE RECIPES SENT ARE OF VALUE.

"I intend to get some more good reading. I also read your clippings at the last meeting and the members thought it was very kind and thoughtful of you to think of us in that way. There were some very good recipes in them too. Thanking you for the same."—Mrs. G. W. Atchison, Tynehead W. I.

A W. I. SCRAP BOOK.

"I have been slow in acknowledging the clippings you sent. Thanks for your thoughtfulness, we will find them and any others you may send, very helpful as we are about to commence the making of a scrap-book for references, to be used by the members in preparing papers. Again thanking you."—Mrs. D. H. Day, Chilliwack.

MEN'S WORK IN THE HOME.

One of our members sent New Year Greetings to a friend and in response the friend's husband sent the following which our member thinks contains food for reflection. It is an every day story for mothers:

"A Happy New Year to all from all of us. We had to discharge our hired girl; Mrs. M——— was ill and I filled the position of stoker, cook, first aid to the wounded, chaplain, dish washer, etc., etc., in addition to my down-town duties at the office. On that account, and by reason of the stentorian yelling of the latest arrival, the 'hollerdays' passed like a kaleidoscopic nightmare."

———o———

DRUGS VS. HYGIENE.

There are many physicians who would stop giving drugs to their patients if they could get them to adopt hygienic remedies, such as the application of hot, cold, or tepid water, warm enemas, and the various forms of the bath. But they are met by great stupidity in the use of these simple but powerful remedial agents.

* * * * * * * * *

I want to say a little about methods of hygiene for children, because we older folk have gone so far astray in our manner of living, that it is a miracle we can still totter around, but with children we have a fair page to write on, and if it gets defaced it is our fault. Living in these beautiful country places, they are saved from many dangers which town children must face, and all our children should be strong and rosy. But are they? Our besetting sin is in the feeble way we guard them in the matter of food. We let them eat all the mixture of food-stuffs we do, and then wonder what is the matter with them. Where will you see such sturdy enjoyable youngsters as in England, where among people as well-to-do as ourselves, the children have their own table, and cheerfully eat their mutton, vegetables, and rice pudding, half the year round, while at tea-time they get thin bread and butter with a little jam. With us, they get anything in sight, and when they are feverish, as a natural consequence, some liquid drug is poured down their throats. The true way of treating a feverish child is to give a warm bath, followed by a copious enema, and rest in a cool bed. If fever persists, try the effect of tepid water poured on the crown of the head. And this is just as good for an adult as for a child. The patient can lie comfortably along the front of the bed, a thick bath towel round his neck. His head is to be supported by your left hand, face downward, while pouring tepid water from a pitcher held in the right. A rubber sheet, and a small bath tub close by saves all untidiness. Five minutes of this pouring gives a delicious feeling of coolness and relief. If fever should again rise, after three or four hours, the pouring can be repeated with perfect safety. Any sick person will feel grateful for this treatment. Sleep is sure to follow its application.

I think you will unanimously agree with me, that methods like these should be considered:

First, because they appeal to our common sense.

Second, to our tenderness.

And third, because they save our pocket book.

MRS. CHANDLER, Royal Oak W. I.

PAPERS BY INSTITUTE MEMBERS.

THE HARDSHIPS ON A FARM.

(Paper read before Metchosin W. I. by Mrs. J. H. Smart.)

The hardships on a farm are those you make for yourself. One might call the distance from town a hardship in case of sickness and a doctor needed; but the telephone can easily remedy that at the present time. Another is, running short of anything belonging to housekeeping, being far from town you have either to go without it or wait until you can go or send to town. The remedy is: Make a list of such things as you find you need them, and be ready with it when you go or send to town.

Another hardship on a farm is the water facilities in the house—few farmhouses being supplied with water indoors. Even if you have to draw water from a well, it is far preferable to drink pure well or spring water than the impure bad water you are obliged to drink and pay dearly for in some cities.

Of course, not having electric light may be counted by some people to be a hardship on a farm. I think that lamp light is far the best for preserving the eyesight, and cleaning and filling lamps is not such a very difficult piece of work, and is soon done.

Having lived in a city all my life (until now) one of my hardships is missing good concerts, entertainments and lectures, that are given by different churches and societies in the city, and which we cannot often enjoy in the country . The remedy is: Persuade more people to come and settle among us, taking up land and building more farms; then we may sooner expect electric cars, and will soon be able to run to town for an evening's entertainment, or better still, bring good entertainments out to us with very little expense.

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"One child sees sunlit air and sky
And bursting leaf buds round and ruddy;
Another looks at his own feet
And only sees that it is muddy."

———o———

FIRST AID.

(Paper read before Summerland W. I. by Mrs. Donlon.)

First aid just means the temporary treatment given to an emergency case, or accident, before the doctor is in attendance, and should be, as far as possible, in accordance with professional treatment—anything done in a hurry, or in a muddle, without thinking, will often cause much trouble and pain and consequently be of no use whatever—always try to keep a level head, thinking while working.

WHAT WILL BE WANTED.

Get ready clean clothes.

Make up the fire and put water to boil.

Get some couch or bed ready and see the doctor has been notified.

Some measures applied in a hurry might conflict with other treatment, such as:

Stimulants given in bleeding.

Moving a patient when rest is required.

Sitting up when lying down is better.

Attempting to reduce a dislocated joint or set a bone in a hurry, or wrong treatment in case of poisons, might often be much worse than no treatment at all; so the general principle of emergency treatment or first aid is:

1. Rest to the whole body.

That is best secured by lying down flat on the back, on a bed if possible—pillows are not necessary.

Rest to a joint or limb may be secured by bandaging.

A sling for the arm and crutch for leg, but often a leg can only be rested by keeping off the foot altogether, as in a bad break or sprained ankle, knee or hip.

Very often firm bandaging will do a great deal of good to rest injured parts.

2. Stimulation is often necessary after fainting, exhaustion, fits or shock.

Rub the limbs well and apply hot water bottles, irons or bricks. The patient may inhale sal volatile ammonia, or take by mouth hot tea, coffee and spirits, or if these things are not to be had, a teaspoon of perfume or lemon extract.

3. Cleanliness is most essential, especially if wounds are to be handled.

Above all beware of the application of flour, cobwebs, cow manure or dirty cloths—they often cause infections such as blood poisoning, etc.

See that all water used is boiled—a very good way to always have a little boiled water is to save some after each meal in the hot water jug.

Freshly laundered clothes may be considered sterile (not from Chinamen).

Good and simple antiseptics are: Carbolic acid, turpentine, alcohol, formalin, and boracic acid. These all help to insure cleanliness.

Clean hands and short finger nails are most important, and when called upon suddenly to help in any dressing put on large clean apron or even night dress over ordinary clothing.

4. Artificial respiration may often be required after drowning, suffocation or collapse.

Quickly loosen all clothing, especially around the neck. Have the head low and waist elevated. Open the mouth and draw out the tongue, using anything to open the mouth (even if you have to give pain to patient), turn the head on one side, to prevent tongue falling back down throat.

Raise and lower elbows from chest over head about once every four seconds.

Often good results are obtained after working an hour or more.

5. Drowning.

Remove all unnecessary clothing; lay on back with waist raised; then roll from side to side to help empty the water from the lungs; then apply artificial respiration, warmth and stimulants.

6. Fainting and shocks.

Lay patient on the back; plenty of fresh air; keep head low; slap with wet towels. Allow plenty of rest after recovery and give some hot drinks, smelling bottle, etc.

7. Suffocation.

Remove patient into fresh air and give artificial respiration.

8. Choking.

If a child is choking place over the knee head downwards; pull the mouth open with any hard object; reach with finger just as far as possible down the throat and sweep from side to side—that will remove any obstruction; pull the tongue out and slap violently on the back.

9. Poison.

Every poison has its own antidote.

Carbolic acid.—Give alcohol or epsom salts and make patient vomit if possible; stimulate the patient; do not give oil early.

10. For snake bite.

Tie anything tightly above the bite. If matches are obtainable, strike two or three and stick well into the bite hole. As soon as possible wash out hole with Condip fluid. Keep bandage on for 24 hours—on no account loosen, if anything tighten.

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"The world must return some day to the word duty, and be done with the word reward."

—Robert Louis Stevenson.

———o———

OUR BOYS.

(Paper read before Nakusp W. I. by Mrs. Gregory.)

When I saw my name down to give a paper I began wondering what part of the work connected with the Women's Institute I should take up, and although I do not intend to talk about such topics as dairy work, poultry raising, or even how to get $500 from an acre of land. I think the topic I have chosen for today of equal importance with any of these I have referred to, and so I intend to have a talk on "Our Boys."

Have you ever held a wee baby boy in your arms the first day of its life and seen how beautifully and wonderfully made he is; did you realize that the little morsel of humanity you held would some day be a man? Do we, as mothers, think or study enough about the earliest training of our boys? May we ever remember that the hand that rocks the cradle is the hand that rules the world. So our boys' characters are made by our earliest training, whether they be good or bad.

"What is a boy?" Some will say, the worry of my life, I never know what they are doing. Now, if that is so, there must be a reason; I think why we do not have the confidence of our boys is because we do not put enough trust in them, and so make them feel that they are of some importance in the world. Judge Lindsay, of the Juvenile Court of Denver, Colorado, says that in most of the boys brought to his court there are some good qualities, and they only want finding out, and the best way is to give them your confidence. If he has a boy brought in for stealing, he usually has a talk with him and then sends him out into the city with money to make purchases for him, and very rarely does his plan of saving the boy fail. I think, too, that a boy's father should be his best chum; one whom he can confide in and one to whom he can go to for advice. I do not believe in the plan of driving, but rather to draw them; there is an old proverb "that you may take a horse to water, but you cannot make him drink," so with our boys.

What is a boy? Why, our future men, who will have the making of our laws, the building up of our country; then how important that they shall have a good home training, being taught the great truths of honesty, morality, truthfulness,—and here, I think the mothers part comes in to a very large extent, for after all who can or who should influence her boy like a mother.

What is a boy? Why, the future husband of our daughters, and here again the mother's influence can always be used to teach them to always respect their sisters, they are the ones to love and respect their wives, they are the ones to make good husbands, the boys who love and respect their mothers and sisters. Oh, I think when I read the papers sometimes that if our boys were told what they ought to know on the great question of personal purity, we should hear a great deal less about unhappy homes, only too often ending in separation and the divorce court.

Sometimes we hear parents say, I cannot keep my boy at home of an evening! Now there must be a reason for that, and I think one of the chief reasons is that we do not provide the attractions that they seek elsewhere. I would suggest that we have in our homes plenty of innocent games, books suitable for our boys, one of the best rooms for them to sit in, and so let them feel and know that we want their company.

Having touched briefly on some of the phases of our boys, the question might be asked, what occupation should we give them? To that I would suggest that we watch them, and see to what they are naturally inclined. No doubt most of us would like to see our boys take up fruit farming, and if there is the inclination, encourage it. Let them read all your fruit magazines and farm journals, let them go with their father to the Farmer's meetings, especially when the Government lecturers are here, also let them feel that they have an interest in everything pertaining to ranch life; not only the rough hard work of clearing land, but some of the more important work of planting, spraying, etc., and by so doing we shall give them cause to feel that although they are boys and of immature ages, they are not mere nobodies, but someone of importance.

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"There is no child so young and none so old but that the memory of his mother holds when the night is darkest and the day is longest."

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THE CARE OF CHILDREN'S TEETH.

(Paper read before Nelson W. I. by Dr. W. B. Steed.)

The care of children's teeth is an item that is very often neglected by even the most attentive mothers, and although the percentage of people who are looking more carefully to the welfare of their children's teeth is fast increasing, there is room for a great revival along these lines yet.

In some of the eastern cities dental inspection of the school children is being introduced, and where such an inspection has been carried out, the statistics gathered have opened the eyes of even the dentists who were responsible for the inspection having been made. In two Toronto schools a careful inspection has revealed the startling fact that no less than 95% of the children had decayed teeth, and in a great many cases the mouths of the little ones were in a terrible state.

When we stop to consider that every bit of nourishment the child gets must pass through the mouth, we can easily see how very materially the whole digestive apparatus must be affected when the food is contaminated by the filth which is found in a great many mouths.

Then again, the primary function of the teeth is lost when uncared for and allowed to decay till the child cannot masticate its food without pain. From infancy onward the child is expected to double its weight a number of times before it reaches maturity. From the kindergarten days on through the public and high schools the mental capacity of the child is expected to develop at a marvelous rate, when we consider how young the average student is today when entering the university. Now, how are we to expect all these good results when the one source of nutrition is impaired by the first of the digestive organs not being in shape to do their work properly?

Nature has provided twenty temporary, or baby teeth, to be used from the time they begin to erupt, at the age of six months, till they are all replaced by the larger permanent teeth about the age of twelve yars. Very often these teeth are allowed to go just because they are temporary, and will be replaced later on. A greater mistake was never made. If the temporary teeth are lost too soon, not only does the child lose that much masticating surface, but the permanent teeth will come too soon, and therefore improperly developed, and are almost sure to be irregular. The all too prevalent idea that the baby teeth stay in too long at times, and thus cause the permanent teeth to be irregular, is wrong.

In ninety per cent. of cases, irregularity of the permanent teeth is due to a premature extraction of some of the temporary teeth. But, you will ask, how are we to save these temporary teeth; they decay so fast; and, can teeth be filled for children so small? Yes, the baby teeth can be filled, and filled quite satisfactorily and easily if taken at the right time. They should be watched very carefully, and examined by a dentist every few months, and in this way a cavity is caught while it is yet small. So much for the baby teeth.

At the age of six years there come four permanent molars; they are the first permanent, or sometimes called six year molars, and are placed just back of the temporary teeth. These are often mistaken for baby teeth because no baby teeth have been lost to make room for them, but they are second teeth, and in fact the most important ones in the permanent set, because around them all the others come, and if these molars are not in place, the others grow into all sorts of irregular positions.

The actual cleaning of the teeth should begin as soon as the baby teeth commence to erupt. Later on the child should be taught to clean its own teeth, and then all that is necessary is to see that he or she does it properly.

The teeth of small children should be cleaned with a small brush and plenty of lukewarm water. Later on a powder may be used. They should be brushed after each meal and before bed time.

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"Train up a child in the way he shoult go and when he is old he will not depart from it."—Proverbs xxii. 6.

"The grinders cease because they are few."—Proverbs xii. 3.

GARDENING.

(Paper read before Sooke W. I. by Miss Murray.)

A beautiful garden, tastefully laid out, and well kept is a certain evidence of taste, refinement, and culture. It makes a lowly cottage attractive, and lends a charm to the stateliest palace. I can conceive of nothing more dreary than to live in the country, and have no garden. To have a garden is to have many friends continually near.

With what intense delight one watches the first tiny leaves of the seeds one has planted. The cultivation of the soil possesses a wonderful fascination. Its very odor after a refreshing shower is inspiring, and as you gather your flowers, you will also gather improvement in many ways. God made them all, and what he designs should ne'er be deemed unworthy of our study and our love.

Leigh Hunt says, "Flowers sweeten the air, rejoice the eye, link you with nature and innocence, and are something to love." If they cannot love you in return, they cannot hate you, cannot utter hateful words, even if neglected, for though they are all beauty, they possess no vanity, and living as they do, to do you good, and afford you pleasure, how can you neglect them! Plant with care and skill, water when needful, feed plenty of nourishment, keep clear from weeds, tie, stake, prune, and cultivate daily, and you will never regret the small investment required to commence and continue a garden, but will become more and more enamoured with the occupation, and will yearly increase your stock.

CUTTING AND PRESERVING FLOWERS.

Flowers should never be cut during the intense heat of the day, but either while wet with dew in the early morning, or after sunset when the falling dew has refreshed them. Do not break them off harshly, but cut them with a knife or scissors. A knife is best as it does not lacerate the minute tubes which draw up the water that nourishes the flowers. If these tubes or pores are closed up the flower soon withers. To keep flowers fresh, the ends of the stalks should be cut off a little every time you change the water and a pinch of saltpetre and salt tends to prevent their decay. Soap suds, which has been widely recommended, spoils the flowers very quickly. Flowers put in a vase filled with pieces of charcoal and water will keep fresh a long time if the water is changed every day. Rain water is best for watering plants or for cut flowers. Do not be chary of picking your flowers, the more you gather the more you will have.

Our forefathers, in fleeing from the persecutions and ceremonies of an established church, cast from them all outward adornments, but we of these later days desire to see our churches adorned with the "Green things of the earth," and the practice of adorning churches with flowers is becoming almost universal. If there is any kind of adornment which more than another seems fitted to God's House it is that thoughtful use of the "Green things of the earth."

> Bring flowers to the shrine where we kneel in prayer,
> They are nature's offering their place is there!
> They speak of hope to the fainting heart,
> With a voice of comfort, they come and part,
> They sleep in dust through the wintry hours,
> They break forth in glory, bring flowers, bright flowers.

They speak to us of love and joy; of hope and peace; of humility and confidence, and also of bitter sorrow and grief—for they are associated with

those who have passed away, and whose loss has darkened the horizon of our lives. They also teach us of the Resurrection of the dead, and the Life immortal, that fadeth not away. They are everywhere, and are closely mingled with both joy and sorrow. Truly Mrs. Browning says, "There are nettles everywhere, but smooth green grasses are more common still, the blue of Heaven is larger than the cloud."

Plants are divided into Annuals, Perennials and Biennials.

Annuals are plants which spring from seed, grow and flower and seed and perish with the Autumn. They are divided into hardy, half-hardy and tender. They will grow almost anywhere, but will thrive much better if heed is paid to their wants, and they are provided with a sunny location well drained, and supplied with rich sandy loam. Most of them will reward you with a brighter show of flowers if well fed. It does not pay to starve plants any more than to starve animals. When your seeds are planted, unless the day is showery and cloudy, they will require sheltering from the heat of the sun. Old newspapers are the best protection. Lay them over the seeds after they have been well watered, and fasten at the corners with small stones. At night remove them to let the dew moisten the ground, and put back before it is dried up in the morning. Continue this till the tiny leaflets appear then remove entirely. If the ground is dry the seeds must be thoroughly wet every night. When they have put forth the fourth or fifth leaf it is time to transplant them. Select a showery, cloudy day, or plant after nightfall and then water and shade from the sun of the next day.

PERENNIALS.

Perennials are those which live and blossom through many successive seasons. They die down every year, but the faithful old roots live and when the sun awakes them from their wintry sleep, they spring up anew and delight our senses. But if their roots are not divided and their food renewed —after a few years they dwindle away and finally perish. October is the best month for dividing and transplanting the roots, which greatly improve the size and beauty of the flowers.

BIENNIALS.

Biennials are plants which like annuals generally die after producing flowers and seed, but are two years in perfecting these. Some may be induced to flower for two or three successive seasons, by preventing them from going to seed. Canterbury Bells, and Hollyhocks are biennials.

GERANIUMS.

Geraniums must be planted out in good rich loam, with a mulch of manure. Water with liquid manure twice a week during the Summer. If plants are old prune them closely; if taken from pots prune the roots also. Shade for a day or two after planting out. Cuttings should be taken in July and planted in small pots of sandy loam with one or two inches of sand on top. Keep the sand sopping wet until rooted. Then transplant with larger pot of one-third rotted cow manure one-third black loam and one-third sand. By November the plants will be ready for house culture.

PANSIES.

Pansies will grow in shady nooks where no other plant will bloom. Flowers are largest when the plant is small. Take cuttings from the points of the shoots and cut about three inches long immediately below a joint, strip off the long leaves and plant in sand or peg down the young shoots with a hairpin and cover all but an inch or two of the point with fine sand.

They require moisture, shade, and liquid manure. Fuschia cuttings should be taken in February, March or April.

ROSES.

There is no plant which requires a richer soil or better repays attention to its wants than the Rose. Its top dress in Spring is composed of well-rotted cow manure, fresh loam and a little sand. Prune closely. Cuttings of hardy roses will stick easily in July or August with flour or sulphur to destroy the green caterpillar. Spring flowering bulbs should be planted in October and November. The dark sandy loam under the pine trees in the woods is the best for all bulbs. Cover with mulch of manure or leaves.

—o—

"Children of yesterday
Heirs of to-morrow
What are you weaving—
Labor or sorrow?"

—o—

THE TRUE SPIRIT OF CHRISTMAS.

(Paper read before Chilliwack W. I. by Mrs. Hall.)

What Christmas really means is this—that on Christmas Day the boundaries of earth and heaven touch and intermingle, and that the love of God and the love of man are two sides of the same blessing and in these truths belong to all good creeds.

You cannot dodge Christmas. It is a spry institution. It chases you, corners you and makes you perform whatever your mood may be, whatever your purse may be, along about the last of the year, like an inexorable Fate, comes a day when you have to give things to a lot of people. If you did not do this the people themselves might possibly forgive you; but you would not forgive yourself.

Christmas is the celebration of the birthday of one who was very poor; one who had nothing to give away but love, sympathy and kindly ministry. He probably never bought a bauble for anybody; He left no estate; it was almost certain that He died in debt, and yet He was the friend of man. He gave the world more than anyone else ever gave and the stream of His friendliness and bestowment still flows. The kings and priests of his day had little use for Him, but the sick were carried to Him; little children nestled to Him, and erring women laved His feet with their tears. It is a good thing to commemorate perpetually the birthday of this man; good to give to your friends reasonable tokens of remembrance and regard, but the modern Christmas has in most quarters fallen to the level of strain and extravagance, while the tax of it, and the actual debt frequently incurred for "presents" lie heavy upon the individual and the home.

By promiscuous and vain glorious giving; by a one-day's riotous conferment of hastily chosen gew-gaws, we have made Christmas a senseless orgy; a sin to be confessed and turned from. Take our Christmas as it stands to-day, the toiling, the crowding, the spending, the tinsel, the tax, the sham—and set it over against the spirit and teaching of the Man in whose name Christianity exists. What would this Man think of it? What would he say of it? What would He do with it, if he were to step in suddenly and handle the situation?

An excess of anything carries with its its own distemper. Too much food brings cellular decays; too much play spoils a man for serious endeavor; too much money clogs the soul and keeps real happiness from flowing

through it. In like manner too many gifts—a sheer downpour of gifts on a single occasion—stem the consciousness of the recipient and make him temporarily incapable of appreciating any gifts at all. A surfeit of gifts is a complete perversion of the purpose of giving, which is to express remembrance and regard and give pleasure to the one who receives.

Christmas Day really brings us, year by year, an assurance that God loves the world and cares for each of us, and visits us, and having Himself entered into the experiences of our human life from the beginning knows us, understands us, and is blessedly able to make sympathetic allowance for us. And, having its dawn and brightness in the face of a little Child, it consecrates our natural love of children, and sends us here and there on pleasant errands whose intention is to make the children happy. That is the keynote of the day; that is the birthday of a child—a child festival.

And since Christmas is a child festival, plainly it should be observed with such rites as will make children happy. It is well that the house should be hung with green festoons and wreaths in the window, so that it shall shine like Christmas and look like Christmas, and shout a Merry Christmas to all passersby. It is right that there should be a tree with its tops pointing to Heaven; the source of all our blessings, with its branches stretched out in all directions of the compass, a symbol of the fraternity and hospitality of this holy season.

It is right that stockings shall hang, a bulging row, beside the fire-place or outside the bedroom doors, for the tree and the stockings belong to the Christmas tradition, and have come down through many centuries, a heritage of delight which we in turn are to cherish and transmit. All mystic observances which connect us with the friendly saints, with knights and minstrels, with immemorial songs and stories, and which apart from all antiquity, are good for their own sake. It is well and right too, that there should be gifts for the children, just as the wise men travelled over the long roads from the mysterious East, and brought gifts to the Christ child. But let the gifts be few, for the plain effect of a great lot of gifts is only to confuse the children. Their arms are filled with twenty different toys and games, and their minds are filled with a proportionate perplexity which presently makes its way to their nerves. The result is that nothing is fairly appreciated; half of the gifts are broken before sundown and the children go to bed with frowns and tears. A smaller number of gifts and more love and care in their selection would aid also in keeping the children, and us elders as well, in truer accord with the real Christmas spirit, for the heart of Christmas happiness is kindliness and consideration and concern for others. The thoughtful purchaser, he or she, who brings few gifts, but buys them with love and care, lifts a lot of the heavy burden which falls at this time on the shoulders of the shop girls. So to begin early and buy less and with greater care is a way to extend the Christmas blessings of good-will and peace. A simple Christmas would give us more time to think of others who are saddened and less fortunate and who may need us. What greater blessings would come with the day if we thought a little more of others? We would be glad in the true spirit of the life that was given to the world on that day; a life of simplicity in itself and of love and consideration for others.

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"Christmastide it is warm and sweet
A whole world's heart at a baby's feet."

—Richard Burton.

THE FARM DINNER MENUS COMPETITION.

At the request of the Advisory Board, Miss Livingstone included in her Fall lectures and demonstrations (1911) a series of competitions in farm dinner menus. Each W. I. offered a prize for the best balanced menus given in by its members. Each competitor sent dinner menus for one week in October or November to the Secretary who forwarded them to Miss Livingstone to criticize and judge. The Secretary retained the names and marked the menus by numbers for identification later. A partial report has been received from Miss Livingstone with some of the prize menus. She writes:

"From Royal Oak and Metchosin Institutes I received the largest lists of menus, also the best standards. The menus on the whole have been excellent. I criticized them from a practical everyday standpoint, taking into consideration nutrition, economy and the saving of labor. It might be advisable for the menus to be kept for discussion at the regular monthly meetings; they might also be kept for discussion at a meeting when I might visit them again or some one else doing the work on the same lines."

PRIZE MENUS FROM ROYAL OAK W. I., BY MRS. GALE.

Sunday—Roast Chicken and Currant Jelly; Baked Potatoes and Creamed Cauliflower; Tomato and Lettuce Salad; Orange Pudding.

Monday—Tomato Soup; Fried Sausages; Mashed Potatoes and Creamed Carrots; Cottage Pudding and Caramel Sauce.

Tuesday—Macaroni Soup; Roast Beef with Horse Radish Sauce; Potatoes Baked with Beef; Mashed Turnips; Apple Tapioca with Boiled Custard.

Wednesday—Celery Soup; Rabbit Pie; Boiled Potatoes and Creamed Cauliflower; Carrot Pudding with Sauce, and Lemon Rice Pudding.

Thursday—Baked Ham and Baked Spaghetti with Egges and Cheese; Mashed Potatoes and Sliced Tomatoes; Lemon Rice Pudding.

Friday—Boiled Halibut with Parsley Sauce; Veal Cutlets; Boiled Potatoes and Fried Parsnips; Baked Custard.

Saturday—Tomato Soup; Scalloped Salmon; Baked Potatoes and Buttered Carrots; Apple and Blackberry Pie.

PRIZE MENUS, METCHOSIN W. I., BY MRS. WALLACE PEARS.

Sunday—Roast Beef, Yorkshire Pudding; Horseradish Sauce; Steamed Potatoes; Cauliflower; Birds' Nest Pudding; Celery; Crackers and Cheese.

Monday—Cold Beef; Baked Potatoes; Pickled Beets; Rice Pudding; Baked Apples.

Tuesday—Hashed Beef; Cabbage; Steamed Potatoes; Ginger Pudding; Sweet Sauce.

Wednesday—Artichoke Soup; Roast Pheasant; Saratoga Potatoes; Bread and Butter Pudding.

Thursday—Roast Leg Mutton; Braised Onions; Brown Potatoes with Roast; Prime Tart and Cream.

Friday—Stuffed Salmon (baked), Brown Gravy; Raisin Pudding, Vinegar Sauce.

Saturday—Cream Tomato Soup; Cold Mutton; Mashed Potatoes; Baked Beets; Cornflour Pudding; Stewed Pears.

PRIZE MENUS FROM AGASSIZ W. I., BY MISS CONSTANCE AGASSIZ.

Sunday—Roast Chicken and Boiled Ham and Bread Sauce; Mashed Potatoes and Cauliflower; Celery and Cheese.

Monday—Pea Soup; Mutton Curry with Rice; Boiled Potatoes; Stewed Pears and Boiled Custard.

Tuesday—Bouillion; Roast Beef with Yorkshire Pudding; Boiled Potatoes and Mashed Turnips; Pineapple Jelly.

Wednesday—Tomato Soup; Minced Beef; Mashed Potatoes and Brussels Sprouts; Boiled Carrot Pudding.

Thursday—Mulligatawny Soup; Boiled Shoulder of Mutton; Potatoes and Artichokes with White Sauce; Cabinet Pudding.

Friday—Mutton Broth; Boiled Cod Fish with Egg Sauce; Potatoes and Onions; Apple Charlotte.

Saturday—Onion Soup; Roast Loin of Mutton; Baked Potatoes and Stewed Celery; Boiled Apple Pudding.

PRIZE MENUS FROM TYNEHEAD W. I., BY MRS. R. INGLIS.

Sunday—Roast Pheasant and Bread Sauce; Mashed Turnips and Baked Potatoes; Chow-chow; Queen of Puddings with Jam.

Monday—Rice Soup; Roast Haunch of Venison with Red Currant Jelly; Mashed Potatoes and Cabbage; Tomato Catsup; Apple Pie.

Tuesday—Potato Soup; Curried Venison with Boiled Rice and Beetroot Pickles; Tomatoes, Onions and Mashed Potatoes.

Wednesday—Barley Broth; Fried Pork and Boston Baked Beans; Brussels Sprouts and Baked Potatoes; Steamed Pudding with Hard Sauce.

Thursday—Pea Soup; Roast Pork with Apple Sauce; Cucumber Pickles; Boiled Carrots with Melted Butter; Mashed Potatoes; Rice Pudding with Raisins.

Friday—Boiled Salmon with Melted Butter; Beefsteak Pie; Mashed Turnips and Mashed Potatoes; Tomato Catsup; Pumpkin Pie.

Saturday—Tomato Soup; Brace Roast Grouse with Bread Sauce; Tomatoes stewed with Onions and Mashed Potatoes; Mixed Pickles; Apple Dumplings.

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"The Eagle is a good bird for soaring, but the Hen has done more for the advancement of civilization."

THE USE OF INSTITUTE FUNDS.

The members of the Board have been collecting opinions from the officers of the W. I.'s as to best disposal of Institute funds and have found that the general opinion seems to be that there are certain primary needs of Institutes and certain ways of helping in the neighbourhood directly in line with the aims of W. I.'s which make early demands upon Institute funds. These in the order of their importance are:

A convenient and pleasant meeting place properly equipped and furnished.

Literature of an educational order, books of reference, magazines, pamphlets on Domestic Science, etc.

Encouragement of Home-making department at local Fairs by exhibits of Institute work, by prize giving and helping in whatever way seems best in each locality.

Establishment of some co-operative work among the members, purchase of articles of common use to be loaned to members, and Women's Exchanges in larger centres.

Encouragement of Domestic Science, horticulture in schools by prize giving. Seeking to improve sanitary, hygienic and aesthetic conditions of schools.

Holding of social gatherings to welcome new-comers, holding public meetings of an educational character, lantern slide lectures, etc.

Printing of Programmes for the year.

THE MEETING PLACE.

Often meetings are held at the homes of members and this is a custom that sometimes revives an Institute when other means fail and is a nice change. But as several officers point out, for regular meetings, a regular day and hour and place is best.

The Institute room whether rented, loaned or owned should be equipped with stove and tables for demonstrations and comfortably furnished, well lighted and ventilated. It should have a cupboard to hold stationery, records, dishes, linen, books and anything else necessary for the convenience of lecturers and members, and for the business of the Institute and its social functions.

In some districts the members anticipate that the W. I. room will become the meeting-place and rest room and club room for the women of the neighbourhood.

Often the energy and enthusiasm aroused by the securing and furnishing of a W. I. room brightens up the Institute and gets the sympathy of the whole neighbourhood in its aims and enterprises.

LITERATURE.

At every Institute in the Province the need of literature is felt and most of them have made requests for a supply. Some want pamphlets and magazines, some want books of reference, some want a circulating library, and some want a book and magazine exchange. Since the Advisory Board has been appointed a special study has been made of the needs of W. I.'s in this regard and we are able now to point out several ways in which this need may be met.

The first in importance is undoubtedly a reference library. To this end a list of books was compiled from many sources and recommended by the Board to the Department, which had the list printed and sent out to every W. I. member, with price and place of purchase. There is plenty of choice in the list and almost every sort of book required in the beginning of a reference library is there. Another list of recent publications is now being prepared, so that the cry "What shall we get and where shall we get it?" is no longer timely.

As to a circulating library, that too is easily secured—if the supply holds out. Any Institute may on application to the Provincial Librarian secure one of the Rural Travelling Libraries which are already a great boon in many W. I.'s and in country parts. In these libraries are now included, at the request of the Advisory Board, books of special interest to home-makers. The cost will be only that of transportation.

The McGill Travelling Libraries and various book clubs also offer facilities for purchase or loan of books. Information regarding these plans may be secured from the Secretary of the Advisory Board.

A book and magazine exchange is entirely an affair for each W. I. to arrange. But it is easily done and at moderate cost. The usual way is to subscribe a certain sum, get the advertised combination offers of magazines, which are much cheaper, draw lots as to which subscriber shall have which magazine first, and then order the magazines on that understanding.

An exchange of books usually means that a certain number of books are loaned by members, put in charge of one member and allowed to go the rounds of all joining in the donation.

As to pamphlets, these are usually bought by the members or asked for generally through the Secretary of the Institute. Many excellent pamphlets are to be had for the asking and the secretaries will do well to keep these in hand for the use of members and even to purchase a few of the best as issued. A well-selected list of recent publications is included in the book lists.

The Institutes which indulge in a library will never regret the step. The members can thus get help in preparing papers, can secure ideas for entertainments or work, can have inspiring words at hand when interest flags, can get information and material for meetings, and can have opportunity for courses of study and self-improvement.

CO-OPERATIVE WORK.

Mr. Scott has some valuable suggestions to make in this regard. He writes:—

"The primary object of Women's Institutes is to engender the spirit of mutual help by the co-operation of the individual members. "In unity is strength" and objects may be accomplished and brought to a successful issue by united action, which would fail if attempted by individual enterprise. By means of the Women's Institutes of British Columbia, work can be accomplished if properly undertaken, which will materially benefit both financially and otherwise, all those participating.

Co-operation is the keynote of success, and is the first principle governing all business undertakings. Why, therefore, should it not prove equally beneficial in the conduct of Women's Institute work?

Some of the benefits which the Institutes may derive by co-operation are as follows:—

1. Towards securing a building which may be devoted to Institute meetings. This may be accomplished through the co-operation of the members by giving public entertainments, the proceeds of which, supplemented by Institute funds, if considered advisable, could form the nucleus of a building fund. This can be further increased by subscriptions from members and interested friends.

I would urge on all Institutes the advisability of taking action in accordance with these suggestions, so that they may own their own Institute hall and be independent. It will be found that greater interest will be shown by members in the work of the Institute, and consequently greater good will be accomplished.

2. The securing of supplies and commodities for home use by wholesale. The advantage of this united action is obvious, and needs no further comment. It will result in a material saving to each individual member.

3. The marketing of produce by organization and co-operation of members. Just as a ton of flour can be purchased at a lower rate than a sack, so can a ton of apples be marketed to better advantage than one box.

4. The establishment of an Exchange and Selling Agency would undoubtedly prove a boon to any Institute, and may be accomplished by co-operation.

5. The formation of a Book, Magazine, and Periodical Exchange, if conducted on right lines, would prove a great benefit to women in rural districts, and would provide a greater variety of reading matter for each household for the winter evenings.

6. By the co-operation of members, representative exhibits advertising the resources of the district could be made at the Fall Fairs. One member is noted for her skill in fancy needlework, another in bottling fruits and vegetables, potted plants are the specialty of another, dairy and poultry products of another, and so on. By this means, an exhibit which would prove a credit to the district will be forthcoming, and the honour and kudos accruing therefrom would belong to the Institute.

Many more instances may be adduced, showing the advantages of co-operation, and both the educational and pecuniary benefit which will undoubtedly result therefrom.

There is still one phase of co-operation which I have not mentioned, and this is probably the most important of all. The unison of members working towards any object should engender a kindly feeling one towards the other, make us more lenient of each other's failings, and more appreciative of each other's good points. Much good work has already been done by some Women's Institutes along the lines of co-operation, and it is to be hoped that the good example set may be followed by others who have not as yet realized the many advantages which may be realized by concerted action.

"A house divided against itself cannot stand." Let the following be a motto conspicuously posted in all Institute halls, "United we stand, divided we fall." '

EXHIBITION WORK.

The many outlets for activity in connection with the local fairs hardly need to be enumerated. There is donation of prizes for women's and children's work; there is establishment of a rest-room and payment of women in charge; there is taking charge of department of women's work;

there is giving a W. I. exhibit; there is the running of lunch and tea rooms; there is co-operating with the Farmers' Institute. No one will question that in furthering these plans the W. I. is making a proper use of funds.

PRIZES IN SCHOOLS.

Prizes are offered for different branches of Domestic Science and of horticulture and allied sciences. Athletics and gymnastics are also encouraged. There are, it is to be hoped, no Institutes which offer money prizes. The best prize is a book on the subject for which prize is offered.

Aid is given in different ways to improve sanitary conditions and appearance of schools. No W. I. need hesitate as to such work being within the scope of the mothers of the neighborhood. But it is often a question as to how the reform can be worked. The W. I.'s should deal with it impersonally and impartially and be careful not to antagonize those in charge.

PRINTING YEARLY PROGRAMMES.

Mrs. Davies' views on this topic are interesting. She says:—

"Institute work in B. C. is, as yet, in its infancy. It is in a more or less experimental stage and careful thought and planning is necessary to enable the Institutes to accomplish the work for which they have been organized—the bettering of the conditions which surround us. Our Institutes are already supplying what is a great need in many communities, a place of meeting where ladies young and old may meet and discuss things of interest to all. These meetings take much time and thought to plan—anything worth while takes work—without this careful thought the meeting cannot prove interesting or useful. If dull or seemingly of little benefit, members will not attend, prospective members refuse to join, and who can wonder at it?

We women live busy lives and to throw away an afternoon waiting for something to happen, for someone to have a brilliant idea is decidedly an aggravation and we do not care to have it happen again.

Who then should be responsible for these interesting meetings? The president? Only as a member of the Institute. Of course she has to keep in touch with everything of moment in her Institute but her duties are usually so many and so varied that it is hardly fair to hold her responsible. The Secretary-Treasurer? Well, if she keeps her minutes, her finances, her correspondence all straight and up to time, surely she is doing her share towards making the Institute a success. Who then better than a few, say 3 to 5, of the members chosen for their interest? Let them be regularly appointed at the annual meeting as a standing committee for the year, and with the President draft out the year's programme and in due time hand to the Secretary printed copies for circulation.

Printed programmes are one of the best ways of advertising the W. I. meetings. Members enjoy showing the printed copies to their friends. They find it much easier to keep the meeting in mind, to come prepared to join in discussions of topics and to answer the roll call with subjects suggested.

Other advantages are: The time of meetings need not be taken up by discussions as to next meeting but can be devoted to educational and social interests; the printing of programmes is dignified and business-like and puts the Institute at once on a higher level and greatly adds to its reputation as a progressive and live organization. The cost of printing will be easily met by the fees of new members joining.

When an Institute has its new programmes in hand it would be a much appreciated act of courtesy to let the Advisory Board have copies. There can thus be an interchange of programmes with other Institutes in the Province.

There are many other ways in which funds could be disposed of to advantage. But it is considered that the Institutes are formed for a distinct purpose to improve home and neighbourhood conditions and as such are not charitable but rather educational in their work. All sorts of claims are made upon the Institute all over the Province many of which it is impossible to disregard and local conditions will help to decide what is best. But the aims of any organization ought to be steadfast even if our sympathies divert our attention now and again. We ought always to be able to come back to our work for the improving of home and neighbourhood conditions."

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"The men of this country have failed in their duty and responsibility in connection with the country school house. * * * The men have not been able to solve that question, and if it is going to be solved it is up to you women to rebuild and regenerate the country school house."—C. C. James, Deputy Minister of Agriculture, Ontario.

THE INSTITUTE SET OF BOOKS.

According to the Rules and Regulations (Sec. 34), "The Secretary shall keep a book in which shall be entered the names and addresses of members in alphabetical order, also a book to be used as a mailing list, which shall contain the names of parties to whom posters may be sent." It may also be presumed from the Act that the Secretary keeps a Minute Book, the Treasurer a Cash Book and Receipt Book.

The Advisory Board would like to suggest the advisability of at least two other books, a Visitors' Book and a Scrap Book.

In the book containing the list of members there could also be kept a list of Officers and Executive for each year. As the Institutes are of recent organization, these lists could be had from the beginning and in the years to come will be a valuable record.

The Address Book could have all sorts of addresses, those of absent members, or of members who have left locality, of officials, of lecturers, of all with whom the Institute may have official relations. It may contain business addresses as these are often required by members.

In the Visitors Book the autographs of lecturers, officials, and other visitors to the Institutes may be preserved. Often the visitor will add a few helpful words and the Institute will thus have a pleasing souvenir of an enjoyable visit.

The many uses of a Scrap Book need not be dilated upon. It can hold all printed data about the Institute, its work, entertainments, etc., letters of interest, circulars from Department and elsewhere, newspaper clippings and so forth. Snapshots of locality, of members, of place of meetings, of exhibits from Institute, etc., may enliven its pages. In the Chilliwack W. I., as will be seen in letter elsewhere, they are using the clippings sent out by the Board to begin a scrap book which will be a reference for members preparing papers. This is a splendid idea.

This set of books or even fewer with combined purposes will be not only of present value and convenience and a means of awakening interest and pride in local achievements but more than that the books will contain a record of distinct historical value, will greatly help in getting out reports, year books, etc., and will often be the only record kept in the locality of any of the local people or landmarks.

In eastern Canada the value of local documents is well understood and the historical societies encourage these records. But in B. C. we are too careless about pioneer work. The W. I.'s will do a good work if they not only keep their own records but stimulate other bodies to do likewise.

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"Women of Canada, let us unite in one great effort to uphold the honor of God's name, and to eradicate the evil of bad language from Canada, for the sake of our country and of our children."—Mrs. Harry Jackson, Kemptville W. I., Ontario.

SOME PAPERS READ AT W. I. MEETINGS IN B. C., 1911.

The Physical Life of a Child.....Mrs. Herridge, Nakusp, W. I.
Domestic Science.....Mrs. Herridge, Nakusp W. I.
The Age of Shams.....Mrs. Herridge, Nakusp W. I.
Emergency Cases.....Dr. Mossman, Nakusp W. I.
Happiness in the Home.....Mrs. Quance, Nakusp W. I.
Our Boys.....Mrs. Gregory, Nakusp W. I.
Kindergarten Work.....Miss Stark, Nelson W. I.
Care of Children's Teeth.....Dr. Steed, Nelson W. I.
Men and Women of the Future.....Dr. Isabel Arthur, Nelson W. I.
Physical Drill for Boys and Girls.....Mrs. Crease, Nelson W. I.
Home Making.....Nelson W. I.
Vegetables.....Mrs. James Johnston, Nelson W. I.
An Ideal Garden.....Mrs. Rutherford, Nelson W. I.
Cleaning Carpets and Curtains.....Mrs. Dynes, Nelson W. I.
The Uncongenial Task.....Mrs. MacMillan, Royal Oak W. I.
The Gardens of Saanich—a Prophecy....Mrs. Hutchinson, Royal Oak W. I.
Drugs versus Hygiene.....Mrs. Chandler, Royal Oak W. I.
Hardships on a Farm and the Remedies.....Mrs. Smart, Metchosin W. I.
Christmas Decorations.....Mrs. Smart, Metchosin W. I.
Woman as a Citizen.....Mrs. Watt, Metchosin W. I.
Character Building.....Miss Evans, Metchosin W. I.
Gardening.....Mrs. Neild, Metchosin W. I.
Pleasures of Country Life.....Mrs. Sweatman, Metchosin W. I.
First Aid.....Mrs. Donlon, Summerland W. I.
First Days at School.....Mrs. Whittaker, Kaslo W. I.
The Annual Fruit Fair.....Mrs. Keen, Kaslo W. I.
The Training of Children.....Mrs. Abbie, Nakusp W. I.
The True Spirit of Christmas.....Mrs. Hall, Chilliwack W. I.
Christmas Offerings.....Mrs. Smith, Gordon Head W. I.
To Keep Up the Interest of the Institute.....Mrs. Smart, Metchosin W. I.
Sleep..... Royal Oak W. I.
Economy in the Home.....M. Evans, Cranbrook W. I.
Liver as an Article of Diet.....Mrs. Nicholson, Royal Oak W. I.
Gardening from a Woman's Standpoint.....Miss Murray, Sooke W. I.
A Trip Down the Skeena and Life in Hazelton....Mrs. Harvey, Sooke W. I.
The Value of Little Things.....Mrs. French, Sooke W. I.
Some Common Ailments and Their Treatment....Mrs. Murray, Sooke W. I.
Sleep.....Mrs. Croft, Cloverdale W. I.
Stencilling.....Mrs. J. H. Mercer, Chilliwack W. I.
Co-operation of Teachers and Parents.....Mrs. Cuthbert, Agassiz W. I.
Washing of Flannels.....Mrs. Maurice, Agassiz W. I.
Butter-making.....Mrs. West, Agassiz W. I.
Antiseptics.....Miss Miller, Agassiz W. I.
Music and Song.....Mrs. Grant, Royal Oak W. I.
House Furnishing.....Mrs. Croft, Cloverdale, W. I.
Early Art—Design.....Royal Oak W. I.
Economy in the Kitchen.....Mrs. Green, Kaslo W. I.

Unwelcome Guests.....Mrs. Green, Kaslo W. I.
Girls in the Home.....Mrs. H. Kent, Langley W. I.
How to Make Institute Meetings a Success.....Langley W. I.
Spring in the Country.....Mrs. J. S. Shopland, Comox W. I.

Many of these papers besides other excellent ones will be published by the Department as opportunity offers, such as in the Annual Report of W. I.'s. For lack of space many of those sent in to the Advisory Board cannot be included in this Bulletin but will appear later.

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"It is only a question of time if the Women's Institute movement becomes as widespread, proportionately, in British Columbia as in Ontario, when the centres of culture will have shifted from town to country."—M.R.W.

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PROGRAMME OF THE CHILLIWACK W. I., 1912.

January—
Discussion of Programme 1912.

February—
Household Expenses.....Mrs. Boucher
Preparation of Winter Vegetables.....Mrs. Denholm
Roll Call, answered....."my pet economy"

March—
Spring Gardening.....Mrs. F. Chadsey
Cookery for Sick and Convalescents.....Miss Robertson
Roll Call.....Preservation and Use of Eggs
Also planning for visit from Matsqui W. I.

April—
Dust and Its Dangers.....Mrs. Robt. Stevenson
Flours and Bread-Making.....Mrs. Alex Mercer
Roll Call....."my favorite sandwich"

May—
Cereals.....Miss L. Royds
Canning and Preserving.....Mrs. A. D. Wheeler
Roll Call..... Icings

June—
Address by Mr. J. E. Bowes.
Salads.....Mrs. H. Hall and Mrs. Stuart
Roll Call....."my salad"

July—
Laundry Work.....Mrs. W. M. White
Household Sanitation.....Dr. Henderson
Roll Call.....Cool Summer Drinks

August—
Care and Feeding of Children.....Mrs. Patten
Cool Desserts.....Mrs. H. J. Barber and Mrs. J. H. Day
Roll Call.....Useful Hints

September—
Care of Children's Teeth.....Dr. Muirhead
Pickles.....Mrs. D. Morden and Mrs. Jeff Harrison

October—

Education ..... Mr. Calvert
Home Made Candy ..... Miss Irene Knight
Roll Call ..... Candy Recipes

November—

Exhibition of Christmas Gifts ..... Miss W. Budd and Miss Morse
Preparation of Meats ..... Mrs. S. Cosens
Roll Call ..... Christmas Recipes

December—

School Children's Lunches ..... Mrs. Ferris
Roll Call ..... Christmas Menus

Two ladies serve tea and some of whatever cookery is discussed, at close of each meeting.

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PROGRAMME OF THE LANGLEY FORT WOMEN'S INSTITUTE, 1912.

February—

Question Box—Subject, Selected.
Roll Call ..... Answered by How We Are Benefited by Meeting Together

March—

Question Box—Subject, Spring Sewing.
Roll Call ..... Answered by quotations from favorite authors

April—

Question Box—Subject for discussion, Best Methods for Doing Spring Cleaning.
Roll Call .. Answered by suggestions for improving the outward appearance of our homes.

May—

Question Box—Subject, Care of Young Chickens and Garden.
Garden.
Roll Call ..... Answered by Seasonable Hints

June—

Question Box—Subject, Canning and Preserving Fruit.

July—

Question Box—Subject, How We Can Make Best Use of the Holiday Season in Finding Work and Amusement for Children.
Roll Call ..... Answered by Recipes for Seasonable Dishes

August—

Question Box—Subject, The Extermination of the Fly.
Roll Call ..... Answered by Cool Dishes for Summer

September—

Question Box—Subject, The Care and Management of House Plants and Bulbs.
Roll Call ..... Answered by suggestions for Autumn gardening

October—

Question Box—Subject, Country Life and Its Advantages.
How to Entertain Guests in the Country.
Roll Call ..... "My favorite pickle"

November—

Question Box—Debate, Subject to be selected. Leaders, Mrs. Hogben and Mrs. Rennie.

Roll Call.....Answered by suggestions for simple Christmas gifts

December—

Question Box—Subject, Best Magazines and Literature in the Home.

Roll Call.....Answered by Best Means of Obtaining New Members

Meetings held third Tuesday of the month at 2.30.

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PROGRAMME OF THE KASLO WOMEN'S INSTITUTE, 1912.

January—

Discussion of Programme, 1912.

February—

Demonstration on Bandaging.....Miss Alexander

Cures for Burns and Cuts and so forth.

March—

Garden Pests. Economy in the Kitchen.....Mrs. W. J. Green

April—

Growing Vegetables.....Mrs. Davis

Canning Vegetables.....Mrs. Norman

May—

Dyeing and Cleaning Clothes.....Mrs. Whittaker

June—

Pastry Discussion.

Prize to be given by the Institute for competition by members only, at the July Cherry Festival.

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"Unfaithfulness in keeping an appointment is an act of clear dishonesty. You may as well borrow a person's money as his time."

NOTES FROM THE INSTITUTES.

During the year demonstrations have been given at many Institutes on various subjects. Among these are: stencilling, cookery of meats and vegetables, pickling and preserving, biscuit-making, first aid and emergencies, dyeing and cleaning, use of vacuum cleaner, laundry work, bread-making, cooling drinks, salads, dress-making, cutting-out, Swiss rolls, shirt-waists, darning and mending, and cake-making.

At the Cranbrook W. I. meetings there is often read aloud a paper by an Ontario W. I. member which usually leads to a full discussion on the subject. Two good objects are achieved. The local member gets used to reading aloud and a freer discussion ensues than if the paper were written by some one present. This is an excellent plan for those beginning to take part in meetings, but it will not long be needed.

The achievement of the Kaslo W. I. in holding a Fair after the local Agricultural Association had given it up and in clearing over $400 by it is noteworthy. Judging from newspaper accounts the fair was also an educational and social success. The Colwood and Metchosin W. I. held a similar fair year before last and also cleared over $400. The figures seem catching. Any of the Institutes could stand an epidemic of this sort.

The Comox W. I. have supplemented the articles sent them by the Advisory Board in a very practical way. It was arranged to have the articles form subject of the next regular meeting and each member was asked to bring other clippings to the meeting. "And then," the secretary adds, "we will be able to send you some." The Board appreciates this thoughtful offer very much and will read and then pass the good words along.

The Chilliwack W. I. has a programme committee which gets out the yearly printed programme, provides demonstrations and refreshments at meetings, and once a month arranges a social afternoon at the home of one of the members. Members bring their sewing, new members are introduced, refreshments are served and a collection is taken up. Who wouldn't be glad to drop something in the money-box after such a delightful afternoon?

The establishment and maintenance of a Rest Room in the city by the Nelson W. I. reflects great credit. The merchants came nobly to the aid of the ladies in furnishing. The Chiliwack W. I. has for years carried on a similar work. The rooms must be a great boon to country members in especial.

In both the Royal Oak and the Metchosin W. I.'s members have made fireless cookers for their own use; the one designed and made by Mrs. Neild of Happy Valley is being demonstrated before her Institute at the March meeting. Both cookers are reported as proving satisfactory and as being easy to make and handle.

The Langley W. I. hold a flower show each year and use part of their funds this way. They have also secured the services of a dressmaker to give lessons in cutting out. It was from a member of this Institute that the idea of a W. I. pin for the Dominion originated. The idea of a Dominion motto came from the Board.

The annual report of the Kaslo W. I. together with their programme for the next six months has been printed on the back of their note-paper,

so that every letter sent out shews what good work this Institute is doing, and also the cheering fact that their balance in the bank is just about $450.

At an up-country fair, the Summerland W. I. offered 35 prizes in women's work, embroidered initials, eyelet embroidery, shirt waists, cushion tops, embroidered towels, pillow cases, crocheting, stencilling, darning and mending, print dress, knitting and dolls' clothes.

The secretary for last year of the Coquitlam W. I. for some years ran a successful poultry and small fruit farm. She reports great sympathy and help from members of the Institute. Another member of the Coquitlam Institute has made a success of running incubators for herself and for the neighbours.

The president of the Royal Oak W. I. has realized her dream of many years in the starting of a Women's Exchange in Victoria. The Exchange did a brisk business before Christmas and has found it necessary already to move into larger quarters. The Nelson W. I. has also started an Exchange in connection with its rest room.

At a demonstration given this month before the Nelson W. I. by the local Domestic Science teacher on paper-bag cookery great interest was displayed and it was suggested that the Institute act as agents for the bags. This is certainly a practical measure of co-operation.

The Colwood W. I. though but recently organized is shewing a commendable spirit. They are raising funds to build an annex to the local hall and for the purchase of a piano. They realize that an attractive meeting place is a prime need.

The W. I. of Comox would like to hear from the other W. I.'s especially as to the use of funds. Many of the Institutes are talking of an interchange of information. The Nakusp W. I. would like to have an interchange of programmes.

The secretary of the Agassiz W. I. sends with notice of meeting, title of topic to be discussed and asks members to come prepared to ask at least two questions about the subject. This is a good way to ensure a full discussion.

In Matsqui, the W. I. help in community work by completing payment on the piano in the town hall where they hold their meetings and monthly socials. They voted over a hundred dollars to paint the hall and intend to raise more to properly finish it.

The Silver Cup for the best Women's Institute exhibit at the Provincial Fair Victoria, 1910, was won by the Lake Hill W. I. The cup was presented on behalf of the Association by Mrs. A. T. Watt who complimented the Institute on a most creditable exhibit in variety, display and decoration.

The Summerland W. I. reports that Miss Livingstone's lectures were popular and well attended and that there would have been more entries in the menu competition but that the members were busy with Christmas preparations.

In many of the W. I.'s the December meetings were taken by papers and discussions on Christmas preparations. An excellent paper was read before the Chilliwack W. I. by Mrs. Hall and was afterwards published in the local paper.

In the Cloverdale W. I. they are doing some community work. Some trees were planted this year around the recreation ground. In many other Institutes the claims of the neighborhood are being recognized in different ways.

The Agassiz W. I. use a writing pad with a printed heading descriptive of the advantages of the locality. Thus every letter sent out is an advertisement for that district. This is fine development work.

In the Central Park W. I. they give sewing prizes for the children at the local fair. The Agricultural Association lend the Institute a room which makes a pleasant meeting-place.

The Tynehead W. I. has made a sensible and kindly use of its funds in sending money to the Tranquille Sanitorium, an example every W. I. in the Province should follow. Every member of this W. I. gets the Canadian Home Journal.

The Farmers' Institute of Chilliwack invite the W. I. to be their guests at their annual banquet and it is an occasion of much social enjoyment and of benefit to each Institute. That's another good example. Last year several of the Institutes tried holding competitions for prizes such as buttonhole and darning and mending competitions.

The Sooke W. I. intends having an afternoon meeting devoted to Helps in Housekeeping, when the clippings sent out by the Board will be discussed along with other suggestions.

At the closing session of Miss Livingstone's demonstrations before the Cranbrook W. I. the Farmers' Institute was invited for a social evening and a most enjoyable time was spent.

To Nakusp W. I. belongs the honor of being the first Institute in the Province to have a printed programme. Was Nakusp or Chilliwack or some other the first in the Province?

During the past year the Sooke W. I. assisted in furnishing the local hall. They have devoted special attention to country pursuits, poultry raising and gardening.

The regular meetings of the Metchosin W. I. are opened with the Lord's Prayer in unison. Many women's non-sectarian organizations in Victoria and Vancouver open with silent prayer.

A novel way of promoting cleanliness and hygiene in the district school is that of Tynehead W. I., the members of which pay for the scrubbing of the school for six months in the year.

Many W. I.'s in the Province give at least one entertainment in the course of the year in conjunction with the Farmers' Institutes. This is a regular practice in Ontario.

In Matsqui a pleasing fact is that so many of the young girls of the district belong to the Institute. The daughters of members and their young girl friends ought to be brought into the work as far as possible.

At the Nakusp Fair of last year the W. I. fitted up a rest room as also did the Nelson W. I. at their fair. The rooms were in charge of women and in Nelson a nurse was in attendance.

Cranbrook W. I. has fixed June 22nd as the date of its annual picnic. Since its picnic of last year its membership has greatly increased. The Institutes in the lower mainland nearly all have annual picnics and usually invite the Farmers' Institute.

The Nelson W. I. last year conducted sewing classes for some weeks, at its own expense. The members report great profit and increased interest in the work of the Institute.

Last year the Summerland W. I. had papers on out-door occupations for women, on Bees, on Chickens, on Roses and Dahlias, on The Making of Lawns and so forth.

At a recent Cranbrook W. I. meeting there were present 30 members out of a membership paid-up of 33. That is the right sort of a meeting.

The Metchosin W. I. has bought a vacuum cleaner and a stencil outfit for the use of its members. This Institute intends to try further means of co-operation among its members.

At the close of a meeting of the Chairman of the Board with the Mission W. I. some new members joined and an increased interest in the work is likely to ensue.

In Penticton the Institute have had to do the work of a hospital auxiliary owing to the difficulty of organizing the necessary Society. The members find plenty of work raising funds.

The Salmon Arm W. I. have given $50 towards the building of an agricultural hall in which they will have a room for their meetings. This is a worthy object.

The Kaslo W. I. reports that they have now a membership of 47 and that all are workers "For Home and Country."

The Royal Oak W. I. understand fully the value of good newspaper accounts of their meetings. This is the way to keep up interest and disseminate useful information.

The Lake Hill W. I. is willing to engage lecturers at their own expense to supplement the government lectures. They consider this a most valued part of their work.

The Gordon Head W. I. shews great interest in its annual exhibit at the Victoria Fair. This year they won the silver cup by a most praiseworthy exhibit.

The Sooke W. I. held a picnic last summer in conjunction with the Farmers' Institute and all say that it was a great success.

Prizes are given to the children who raise best flowers and vegetables by the Agassiz W. I. Many other W. I.'s are intending to do the same this season.

At Royal Oak the Christmas Tree for the district children was undertaken by the W. I. and a glorious time was had by young and old alike.

The secretary of the Agassiz W. I. paid a visit in February to the Chilliwack W. I. and reports herself as greatly pleased with their work.

Officers of the Matsqui W. I. intend next month to visit the Chilliwack W. I. Interchange of visits among adjacent Institutes will soon be more frequent in B. C. as the value is realized.

———o———

"We have always heard and read a great deal about the brotherhood of man, but I think it was left for the organization known as the Women's Institute to bring out the true significance of the sisterhood of women."—Mrs. Brethour, Burford W. I., Ontario.

NOTICE.

The Department of Agriculture is issuing the following series of bulletins prepared by Miss Alice Ravenhill, Shawnigan Lake, B. C., to be available for distribution among the members of the Women's Institutes throughout the Province:—

1. The Place and Purpose of Family Life.
2. The Preparation of Food.
3. The Preservation of Food.
4. Some Labour-saving Devices in the Home.
5. Food and Diet.
6. The Art of Right Living.
7. The Care of Children.

BULLETINS ISSUED BY THE DEPARTMENT OF AGRICULTURE.

No.

7. Flax.
8. Feeding Farm Animals.
20. Varieties of Fruit Recommended (revised).
25. Orchard Cleansing.
28. Production of Eggs.
29. Poultry Industry on the Pacific Coast.
30. Guide to Bee-keeping in British Columbia.
32. Control of Bovine Tuberculosis in British Columbia.
33. Fruit-growing Possibilities, Skeena River and Porchar Island Districts.
34. Fruit-trees and Black-spot Canker.
35. The Place and Purpose of Family Life.
36. The Preparation of Food.
37. The Preservation of Food.
38. The Construction of Silos.
39. Natural and Artificial Incubation and Brooding.
40. Alfalfa.
41. Labour-saving Devices in the Household.
42. Apiculture in British Columbia.
43. Women's Institute Work in British Columbia.

Applications for bulletins published by the Department of Agriculture should be addressed to the Secretary, Department of Agriculture, B. C.

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